



**RICHMOND
CANOE CLUB**

Richmond Hasler Marathon 2016

Date Sunday 7th August 2016

Venue Ham Riverside, Ham Street, Richmond upon Thames, TW10 7RS

Hasler Trophy This is a 2016 qualifying race in the London and South East region

Courses	Div 1,2,3 K1, 2 K2	21.7 km	3 portages
	Div 4,5,6 K1, 4,5,6 K2	13.1 km	2 portages
	Div 7,8,9 K1/K2	7.0 km	0 portages
	Lightning U10, U12	3.5 km	0 portages

Timings

- 09:00 Check in opens
- 10:00 Briefing for Division 7-9 and Lightning races
- 10:30 Division 7-9 and Lightning starts at approx. 2-minute intervals
- 11:50 Briefing for Division 1-6 races, followed by prize giving for Lightnings
- 12:30 Division 1-6 starts at approx. 2-minute intervals
- 15:00 Prize giving for Divisional races

Fees

Seniors	£9 per seat
Juniors (under 18 on 01/01/2016)	£7 per seat
Lightning Races	£3 per seat

Late entries received after 7pm on Thursday 4th August 2016 will be subject to an additional late entry fee of £5 (except for Lightning class).

BCU day tickets for non-BCU members (divisions 7-9 or first-time racers only, max one event per year) will incur an extra charge of £5 payable to British Canoeing. No extra charge for Lightning class.

BCU cards must be shown when checking in, for both pre-entries¹ and late entries. Failure to provide proof of BCU membership or membership of your club's affiliated Youth section means you will not be allowed to race.

A fee of £5 will be charged for the loss of any LSE region pre-printed number boards. Please ensure that you return them after your race to avoid a charge.

Entries Online entry via www.richmondcanoeclub.com or email HRM lists to marathon@richmondcanoeclub.com.

A provisional entry list will be published on the Richmond Canoe Club website (www.richmondcanoeclub.com) prior to the event to allow team leaders to check their entries.

¹If your BCU Number and expiry date as shown in the provisional entry list published on the RCC web site indicates that your membership is current then you do not need to show your card

Registration All paddlers must report to the check-in desk upon arrival, even if you have pre-entered.

The only exception to this is where a team leader has informed us in advance that they will check-in on behalf of their crews only, and when complete payment is provided for all paddlers. In this case it is the team leader's responsibility to inform us of any no-shows on the day.

Payment on the day can be taken in cash, cheque or via credit/debit card.

Please make cheques payable to "Richmond Canoe Club".

London & South East number boards will be supplied to all competitors, which must be used and must be returned to us after your race.

Results Provisional results will be published live to www.richmondcanoeclub.com during the day in a mobile-accessible format. Final provisional results will be published on the club website and verified results on the Marathon Canoeing site within 7 days following the race.

Prizes Prizes for the first three finishers in each **quorate** Hasler race and for first three finishers in each Lightning race

Directions Directions from Richmond: follow road signs to Petersham/Kingston then brown signs for Ham House to car park or white signs for CANOE RACE approx. 1.5 miles out of Richmond.

For Satnav use post code **TW10 7RS**. This will take you to the Ham House stables; carry straight on for the race parking, which is on the left.

Parking Ample parking will be available on the Ham Riverside Pitches, adjacent to the Ham Street Car Park. Access is controlled by lockable barriers, which will be locked at 16:00 so all cars must have vacated the area by this time. Please do not park in the main car park, as this is for use by visitors to Ham House.

Food & Drink Competitors' food will be provided at the conclusion of the race. Additional food/refreshments will be available to purchase.

Facilities Portaloos will be available on site but we regret there are no showers or changing facilities available. Competitors may use the facilities at the clubhouse, which is a 15 minute walk from the race site.

If you require disabled parking or toilet facilities please let us know in advance by email.

PROVISIONAL COURSES

Divisions 1-3 21.7 km, 3 portages

1. START upstream, opposite Marble Hill House
2. Proceed 2.4 km to Teddington Lock and portage over rollers
3. Proceed 6.7 km to Albany Reach (past rowing clubs, opposite Hampton Court Palace) and portage on the left hand bank beach just above the rowing clubs (approx. 200m portage)
4. Return back downstream (do **not** continue up to bridge) and portage back over Teddington Lock rollers
5. Continue downstream past the start to just above Richmond Bridge
6. Turn anti-clockwise around buoy, continue back upstream
7. FINISH on right hand side of the river at Sailing Club just above the main Car Park

Division 4-6 13.1 km, 2 portages

1. START upstream, opposite Marble Hill House
2. Proceed 2.4 km to Teddington Lock and portage over rollers
3. Proceed 2.5 km to Kingston and turn anti-clockwise around buoy on RHS before railway bridge
4. Return back downstream and portage back over Teddington Lock rollers
5. Continue downstream past the start to just above Richmond Bridge
6. Turn anti-clockwise around buoy, continue back upstream
7. FINISH on right hand side of the river at Sailing Club just above the main Car Park

Division 7-9 7.0 km, no portages

1. START upstream, opposite Marble Hill House
2. Proceed 1.8 km to the PLA boundary marker just below Teddington Lock, and turn around buoy anti-clockwise
3. Continue downstream past the start to just above Richmond Bridge
4. Turn anti-clockwise around buoy, continue back upstream
5. FINISH on right hand side of the river at Sailing Club just above the main Car Park

Lightning 3.5 km, no portages

1. START upstream, opposite Marble Hill House
2. Proceed 800m upstream past Eel Pie Island using the right hand channel and turn anticlockwise around the top of Eel Pie Island
3. Proceed downstream, past the start line and turn anticlockwise around a buoy at River Lane (before Glover's Island)
4. FINISH on right hand side of the river at Sailing Club just above the main Car Park

RACE RULES

This event will be run under the Marathon Racing Rules, as per the 2016 Handbook. Please also note the following clarifications and additional requirements.

Starts Competitors are expected to be familiar with the MRC guidelines on race starts and must adhere to all instructions given by the start and pre-start marshals.

In the event of non-compliance with this rule competitors will be requested to leave the water and must paddle away from the start line and not attempt to join the race at a later stage.

Retirements All competitors who fail to finish must report to a Marshal and inform them of their boat number and the fact that they have retired.

Briefing All competitors must attend the race briefing on the day, where up to date course information, hazards and obstructions will be made available, in addition to reading this briefing document.

Buoyancy Aids Due to the location of the course on the tidal Thames, buoyancy aids are compulsory for the following groups

- All paddlers ranked in Division 7, 8 or 9 irrespective of the race entered, age category and whether in singles or doubles
- All junior paddlers (under 18 on 1st January 2016) with the exception of paddlers ranked in Division 6 and above where the paddler's Team Leader or parent/guardian has provided a written confirmation stating that a buoyancy aid need not be worn.

The race organisers may require that all or some or all paddlers in addition to the above must wear buoyancy aids, based on conditions on the day. In this regard the race organisers' decision is final.

It is the responsibility of all other paddlers and their team leaders to decide if they should wear a buoyancy aid according to the conditions on the day, and given the information presented in the pre-race briefing.

Any paddler who is required to wear a buoyancy aid as above but who is found on the water not to be doing so will be immediately disqualified and required to leave the water.

Medical Conditions Competitors (or for junior paddlers their parents/guardians) and team leaders must bring to the race organisers' attention any known medical conditions that may adversely affect the safety of a competitor.

In the event that the organisers deem that we are unable to put suitable control measures in place to control any additional risks we reserve the right to refuse the entry and refund any monies paid.

Boat Buoyancy

Boats must contain sufficient buoyancy to remain afloat and support the crew in rough water in the event of a capsize.

Sandwich construction boats are not presumed to have sufficient inherent buoyancy and must carry additional foam or other non-porous buoyant material. Closed and watertight compartments built in by the original manufacturer may be accepted at the organisers' discretion but all boats must have adequate buoyancy at both ends.

Marshals may inspect boats **at any time** for adequate buoyancy. The penalty for any non-compliant boat is disqualification of the crew.

Supporters

The rollers at Teddington lock are not accessible to supporters – please use the lock cut above the lock.

Please park considerately on nearby roads. Support crews must adhere to all relevant local parking restrictions, notices and requests by police officers, Environment Agency officials and lock keepers and any breach of this rule may lead to disqualification of crews.

Littering

Disposable drinks bags or any other items of personal kit must not be discarded anywhere on the course or the race site. The penalty for non-compliance with this rule whether by the competitor or their support crew is immediate disqualification.

IMPORTANT SAFETY NOTES

Please use this telephone number to report retirements or any emergencies on the day – 07449 399 436. Please do not use this for any other purposes.

The race organisers reserve the right to CANCEL the event up to and including on the day in the case of incident, emergency or conditions. We will do our best to notify team leaders but please check the website for the latest information.

Should circumstances require the ABANDONMENT of the race whilst in progress, the following procedure will apply and will be strictly adhered to:

- Crews on hearing continuous short blasts on air horns and/or seeing marshals waving red flags will immediately STOP. They will wait to be instructed on how and where to proceed by a marshal. Crews must be aware that other crews may not have heard or seen the warnings, and must pass on instructions received to any such crew who they see still racing.
- Depending on crews' locations, whether or not the Race has started and the number of crews still being marshalled, they may be asked to either paddle to a specified get-out point, or turn towards one of the banks and await further instructions.

Competitors should be aware that the River Thames can be busy with pleasure cruisers, rowers and other craft. Competitors must be mindful of these and other hazards. Competitors must follow all instructions given by Port of London Authority crew, Thames Lock Keepers, Environment Agency Officials and Race Marshals.

Below Teddington Lock the river is semi-tidal and experiences two tides a day. As a consequence this may make portages and banks slippery. Care should be taken while getting in and out and if running with the boat. High water is expected at 06:37/18:36 BST and low water at 14:15 BST on the day of the race.

Competitors must provide support to any other paddler in distress and should attempt to raise the attention of one of the safety boats or Marshals along the course.

The Tidal Thames can experience sudden increases in pollution, especially after heavy rainfall. Any paddler who feels ill after the race should draw this to the attention of their medical practitioner.

Canoeing and Kayaking in all its forms is an 'Assumed Risk – Water Contact' sport. The organisers have done their very best to provide a safe racing environment, but competitors are reminded of their duty of care to themselves and all other competitors. Safety is a shared responsibility.